

Buy real fruit juices. They are a better value and more nutritious than artificially flavored juices.

If recipes call for milk, try to use powdered skim milk.

Fish, poultry, cheese, eggs, peanut butter, dried peas and beans are excellent sources of protein and generally less costly than meats, especially cold cuts, hot dogs and bologna.

For more information

Please contact your local Department of Social Services' office or contact the state office by:

Address:

700 Governors Drive, Pierre, SD 57501

Phone:

605-773-3493 or 1-877-999-5612

Fax:

605-773-7183

Web:

www.dss.sd.gov/foodstamps

Food Stamp Shopper's Guide:

What you need to
know about
SMART shopping.



Strong Families - South Dakota's Foundation and Our Future
A program administered by the Department of Social Services.

The Department of Social Services' Food Stamp Program helps low-income South Dakotans buy the food they need to stay healthy while they work to regain financial independence.

The following checklist is designed to help food stamp users plan and prepare for healthy diets.

Planning

Plan your meals before you go shopping so you buy only the foods you know you need.

Make a list of what you need and stick to it.

Check newspaper ads and handbills for sale items and money-saving coupons, but do not assume a product is a good buy just because it is on sale.

Use discount coupons whenever possible, but only for those things you need.

Shopping

Try not to shop for food when you are hungry or you will find yourself buying foods you really do not want or need.

Many food products are designed to appeal to children, so it can be difficult to shop when they come with you. At times you may end up buying more than you need.

Be aware of product packaging. Detailed packaging often adds to the cost.

Do not be tempted by the displays at the end of the aisles. They are not always the best buys.

Always return defective food items, asking for a replacement or money refund.

Buying

If possible, buy store-name or generic food products rather than the nationally advertised brands. They often cost less with little or no difference in quality.

To compare the cost of similar foods, use "unit pricing"—using an equal weight or quantity.

Avoid "convenience foods" such as skillet helpers, TV dinners or other products in which most of the preparation is done for you. At times it can be less expensive to assemble the ingredients you need to prepare these foods from scratch.

Buy the less expensive grades of beef. They are leaner and just as flavorful and nutritious, although they take more time to prepare.

Produce is often sold by quantity rather than weight, so be sure to weigh produce items to get the heaviest individual pieces.

Make your own soups and sauces if you are cooking for two or more people.